



THE BOOK

Stretching Basics is a user-friendly exercise guide for achieving a more supple and flexible body using your own body as resistance. It provides an introductory guide for stretching and flexibility exercises for sport, lifestyle, and injury prevention. Stretching before and after work or exercise plays a vital role in keeping muscles pliable, flexible and free of tension.

Body Coach Paul Collins provides step-by-step instructions for more than 50 exercises meant to improve flexibility and range of motion, as well as to reduce muscular tension throughout the whole body. *Stretching Basics* also includes testing and stretching routines for reducing lower back tension, exercises at the office and workplace and general fitness. *Stretching Basics* is ideal for all age groups and ability levels.

THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years experience. His clients are world-class athletes including national Olympians and Paralympic World Champions and TV stars.



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THE BODY COACH

Stretching BASICS

PAUL COLLINS

THE BODY COACH

Stretching BASICS

- More than 50 exercises for all age groups
- Demonstrates exercises for the workplace, sports and general fitness
- Increase strength, flexibility and range of motion



PAUL COLLINS

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Stretching Basics

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The Body Coach Series

Stretching Basics

**Stretching & Flexibility for Sport,
Lifestyle and Injury Prevention with
Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sports

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Paul Collins

Stretching Basics

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Introduction

Welcome!

I'm The Body Coach, Paul Collins your exclusive personal coach here to guide and motivate towards improving your flexibility. *Stretching Basics* provides an introductory guideline to stretching and flexibility exercises for sport, lifestyle and injury prevention.

Stretching before and after work, exercise or sport plays a vital role towards keeping muscles pliable, flexible and free of tension. Most importantly, everyone can stretch, regardless of age or flexibility or lack of. It doesn't matter whether you are a professional athlete or tradesperson, an office worker or parent; the same general principles of stretching apply for everyone.

Stretching is an important part of living. It helps keep muscles supple and allows you to keep in touch with your body so each day you feel fresh and invigorated. Stretching also helps prepare your body for movement, then afterwards in helping warm down the body. To provide you with a benchmark of your where you currently stand in terms of your flexibility, I have established eight benchmark testing exercises.

I would also like to introduce the revolutionary Passive Muscle Assessment or PMA which allows you to gauge, pinpoint and release specific muscular trigger points around the body (using a Muscle Mate®) as well as provide you with a series of Dynamic Warm-up exercises you can perform whilst on the move.



In addition, *Stretching Basics* is packed with over 60 stretches grouped into specific muscle categories for ease of selection, as well as a series of stretching routines for sport, work and play guaranteed to improve your muscular flexibility and range of motion.

I look forward to working with you!

Paul Collins

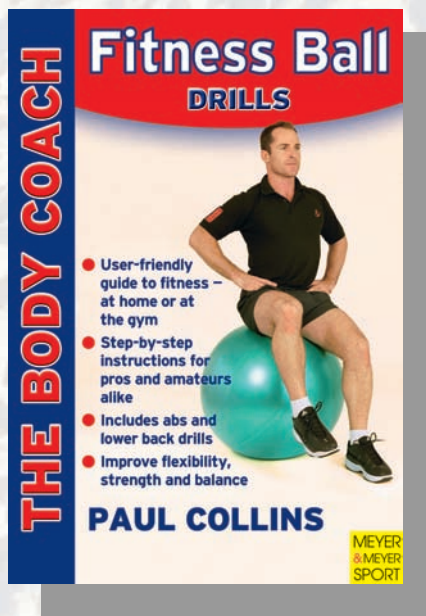
The Body Coach



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Paul Collins

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Improve your total body fitness!

- Fitness Ball Drills is a user-friendly exercise guide for achieving a stronger, leaner and more flexible body
- Body Coach Paul Collins provides step-by-step instruction for improving posture, balance, coordination, strength and flexibility
- More than 50 exercises that can easily be carried out at home or in the gym
- Fitness ball routines for the whole body especially for the abdominal and lower back regions

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